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Sports First Aid Complete Exam |100% Correct| Guide with Questions and Verified Answers| 2023/ 2024 Update

QUESTION
The most effective method for cooling an athlete suffering from heatstroke is to

Answer:
immerse the athlete in a pool or tub filled with cold water.

QUESTION
Which of the following signs and symptoms help to differentiate between heat exhaustion and heatstroke?

Answer:
Very high body temperature

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QUESTION
Which of the following is NOT recommended for an athlete suffering from severe hypothermia?

Answer:
Remove cold and wet clothes, and vigorously massage the athlete's body.

QUESTION
Your star runner has finished a run and is coming back to the sidelines when she faints. When you reach her, she is responsive but feeling unsteady. You have her

Answer:
sit on the bench and put her head between her knees.

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QUESTION
An athlete experiencing an insulin reaction has

Answer:
hypoglycemia.

QUESTION
You might suspect that one of your athletes is taking steroids if he

Answer:
complains of aching joints and is losing his hair.

QUESTION
An athlete gets hit in the eye with a softball and blood starts to pool in her iris. She has no other symptoms or signs of injury. She can return to activity immediately.

Answer:
False

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QUESTION
A neoprene sleeve may help provide support to thigh strains.

Answer:
True

QUESTION
Stretching the calves can help prevent shin splints.

Answer:
False

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QUESTION
One sign of turf toe is point tenderness in the joint closest to the tip of the big toe.

Answer:
False

QUESTION
The deltoid muscle assists with raising the humerus forward.

Answer:
True

QUESTION
A biceps strain can cause pain when the elbow is straight and the upper arm is stretched backward.

Answer:
True

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QUESTION
An athlete who has tennis elbow will have pain when trying to lift objects with the palm up.

Answer:
False

QUESTION
Thirst is a sign of dehydration, and it is a reliable indicator of dehydration.

Answer:
True

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QUESTION
Gastroenteritis can be caused by inhaling certain bacteria or viruses.

Answer:
True

QUESTION
Typically, athletes who abuse GHB ("liquid ecstasy", "soap", and "Georgia home boy") would seem hyperactive, full of nervous energy, and more alert.

Answer:
False

QUESTION
3 pieces of information coaches should collect from each athlete

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Answer:
consent form, health history form, emergency information card

QUESTION
6 key elements to include in a weather emergency plan

Answer:
Have a weather decision maker
Follow specific criteria for when to suspend activities
Have a designated weather watcher
Have a method for monitoring weather conditions during the activity
Designated safe place
Guidelines for resuming the activity

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